

King County Public Health Department

Program Profile: Nurse Family Partnership

Background

Nurse-Family Partnership (NFP) is a community health program that helps transform the lives of young, low-income mothers pregnant with their first child. NFP goals are to improve pregnancy outcomes, improve child health and development, and improve parent's economic self-sufficiency. Public Health nurses make home visits twice a month, from early pregnancy through the first two years of the child's life. Specially trained NFP nurses provide one-on-one coaching that enables their clients to access and improve their prenatal care, strengthen parenting skills, and plan for their own and their child's economic and educational future.

The program is evidence based and has measureable impacts demonstrated through research including randomized, controlled trials. NFP is shown to improve prenatal health, reduce high risk pregnancies, reduce child injury, reduce child emergency room visits, reduce child neglect, reduce total number of pregnancies, increase maternal employment and reduce welfare use, and improve educational outcomes for mothers. The Washington State Institute of Public Policy concluded that locally NFP saves \$2.38 in government costs for every \$1.00 invested in NFP.

Current Level of Service

The King County NFP program currently (2014) serves 700 high-risk families per year through 30 Public Health Nurses of which 17 are based in the City of Seattle.

Population Affected by the Program

NFP serves low-income, first time mothers. The County-funded program serves women under the age of 24. Sixty percent of NFP clients are Hispanic and nearly one-quarter are Black/African American. The medium household income is \$9,000 and many are homeless or in unstable housing situations when they enter the program.

Major sources of funding

Fund sources include the City of Seattle, King County General Fund, federal Home Visiting funds, State Public Health Local Capacity funds, federal Maternal and Child Block Grant funds, patient generated revenue, and Medicaid Administrative Match. The City of Seattle has funded a large expansion of NFP in Seattle.

Community Partners

The program has a strong referral network throughout King County, particularly south King County and in Seattle, consisting of more than 100 referral agencies/programs including other Public Health programs (WIC, MSS, etc.), hospitals, schools, community health centers, medical providers, and community based organization.

Proposed changes in 2015/2016

the proposed budget would reduce NFP capacity by about 15%, resulting in decreasing the caseload from 325 to 275 in King County outside Seattle. Seattle is not affected by this reduction.